



**EVANGELINE PARISH 4-H  
EGG, POULTRY, PECAN, & SWEET POTATO COOKERY CONTESTS  
MONDAY, NOVEMBER 21, 2011  
12:00 NOON  
SACRED HEART ELEMENTARY SCHOOL GYM**

**WHO:** All Evangeline 4-H'ers are eligible to enter. You do not have to be enrolled in any particular 4-H project.

**WHAT:** The Evangeline Parish 4-H Egg, Poultry, Pecan & Sweet Potato Cookery Contests

**WHEN:** Monday, November 21, 2011; Dishes will be accepted from 12:00 - 1:00 P.M.

**WHERE:** Sacred Heart Elementary School Gym, East Main Street, Ville Platte

**WHY:** For 4-H Club members to have satisfactory learning experiences and acquire knowledge of quality standards, size classifications, nutritional value, storage, cooking principles, versatility, use and economic value of eggs, poultry, pecan & sweet potato products.

**SPONSOR:** The parish egg cookery contests sponsored by Evangeline Feed & Store, poultry cookery contests by Jack Miller's Food Products, sweet potato cookery contests by E & L Produce, pecan cookery contests by Ranch Supply.



**EGG COOKERY DIVISION:** The contest is divided into 4 divisions:

- **Appetizer/Salad**
- **Main Dish**
- **Dessert**
- **Egg Ambassador Illustrated Talk**

**REQUIREMENTS:**

- **NO RAW EGGS ARE ALLOWED IN THE FINAL PRODUCT. All eggs must be cooked.**
- The egg dish must utilize a minimum of 4 eggs. This can be 4 whites, 4 yolks, or 4 whole eggs.
- Each 4-H'er may enter 1 dish in each egg division.
- 



**POULTRY DIVISION:** The contest is divided into 2 divisions:

(1) **Chicken** - a dish which contains a minimum of 2 pounds bone-in chicken or 1 pound deboned chicken meat.

Chicken includes any of the following:

- Fryer
- Broiler
- Baking Hen
- Capon
- Roaster
- Cornish or Game Hen

This category ***DOES NOT ALLOW*** special processed chicken such as: marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.

(2) **Processed Poultry Products** - a dish which includes a minimum of 12 ounce of processed poultry products. These are poultry meats which have undergone special processing such as marinating, breading, seasoning, reshaped and formed products.

**Acceptable Products:** Ground turkey, turkey bacon, turkey sausage, smoked turkey, turkey ham, turkey rolls, ground chicken, chicken nuggets, chicken franks, smoked chicken, chicken strip and, canned chicken.

**Special Note:** All dishes containing ANY TURKEY ITEM (whole, part or processed) should be entered in this division.



**PECAN DIVISION:** The contest is divided into (3) divisions:

- Candy
- Desserts
- Other Pecan Dishes

**REQUIREMENTS:**

- Each dish must use a minimum of 1 cup of pecan or pecan product.



**SWEET POTATO DIVISION:** The contest is divided into 2 divisions:

- DESSERT
- OTHER SWEET POTATOES DISHES

**REQUIREMENTS:**

- Each dish must use a minimum of **1 cup of fresh, frozen, canned sweet potato.**



## **GENERAL REQUIREMENTS**

### **THE DISH MUST BE EXHIBITED COLD TO THE TOUCH**

- **Bring a copy of the recipe along with the dish.** A number will be assigned to each dish when it is entered, so please do not write your name on your recipe or dish.
- Be sure that your recipe is written correctly. A correctly written recipe has 4 main parts: (1) name of recipe; (2) list of ingredients used; (3) directions for preparing; (4) yield or number of servings in the dish
- The entire dish must be exhibited at the contest.
- Anything used to enhance the appearance of the dish must be in or on the serving container
- All dishes must be prepared at home and brought ready for the judges to taste. No cooking will be done at the parish contest
- **CREATIVITY AND ORIGINALITY ARE ENCOURAGED.** Use of previous years recipes is discouraged.
- **NUTRITION EMPHASIS:** In the parish, area and state contests, serious emphasis will be placed on nutrition, including lowered amounts of fat and sodium as well as the nutritional aspects of all ingredients and nutritious preparation methods
- **A PARISH WINNER** will be selected in each of the divisions. Each will receive an award from the contest sponsor and will represent the parish in that division at the area contest to be held in Alexandria in March 2012.